

IGA®

How to crack & eat a lobster



1 Twist off both claws and the attached knuckles.



2 Crack both claws and knuckles with a nutcracker, back side of a knife, or a lobster mallet.



3 Twist off the movable part of the claw and peel away claw pieces to expose and remove the claw meat.

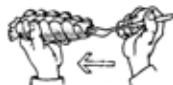


4 Separate the tail from the body by arching and twisting until it breaks.



5 Break off each tail flipper and pinch the meat out.

6 Insert a fork about an inch into tail opening on the underside. While holding tail in one hand, twist and pull fork with the other. The tail meat should come out as one whole piece. Remove and discard the black vein which runs the length of the tail meat.



7 Unhinge the back shell from the body. The green part in the body cavity is the "tomalley" and some consider this the most delicious part of the lobster. The coral-colored roe is also edible.



8 Turn the lobster over and break it open by cracking it apart sideways, or by using kitchen shears. Lobster meat lies in the pockets where the small walking legs are attached.



9 The small walking legs also contain excellent meat so pick off each leg and squeeze the meat out between your teeth.



10 Serve with individual sauce dishes of melted salted butter for dipping.



**IGA**

How to cook lobster

BOILED LOBSTER

Boiling is one of the simplest ways to cook a lobster, and is probably best for the squeamish that don't wish to cut up a live lobster with a knife. Some say that you can 'hypnotize' a lobster by rubbing the top of its head or its abdomen, thereby pacifying it before boiling. It is important to select a pot big enough to hold enough water to cover the lobsters completely. Bring the water to a rolling boil and add 1-tablespoon of salt per quart of water. Put the lobsters in claws first and begin timing from the moment the water comes back to a boil.

- For 1 Pound: 5 minutes
- For 1 ¼ Pounds: 8 minutes
- More than 2 pounds: 12 minutes
- For 1 ½ Pounds: 6 minutes
- 1 ½ to 2 Pounds: 8 to 10 minutes

STEAMED LOBSTER

Steaming is a great way to cook but not overcook a lobster's delicate meat. In order to properly steam a lobster, you need a sturdy and close to airtight steamer. The best steamer setup is a steamer insert inside a lobster pot with a fitted, heavy lid. The setup will work well on a stove top, but if you're feeding more than eight people, it would be a good idea to cook the lobsters in a large stockpot on a propane "crab boil" burner outside. If that's not possible, just be sure not to crowd your pan too much and to keep the water in the bottom of the pan at a serious rolling boil. It's better to cook the lobsters in several small batches and cook them correctly.

Fill the pot with about 1 1/2" to 2" of water. Add 2 tablespoons of salt per quart of water. Bring water to a rolling boil over high heat. Place lobsters in the pot head first, cover tightly, return to a boil as quickly as possible and begin timing from the moment the water comes back to a boil. Steam a lobster for 8 minutes for the first pound and 3 minutes for each additional pound. Approximate cooking times are listed below:

- 1-1/4 lbs. 7-8 minutes
- 2 lbs. 11-12 minutes
- 5 lb. 20-22 minutes
- 1-1/2 lb. 8-10 minutes
- 2-1/2-3 lb. 12-14 minutes



GRILLED LOBSTER

Boil lobsters (shown above) for 3 minutes. Remove lobsters from the pot, turn them upside down on a cutting board, and slice them length wise from the tail to the top of the head. Use a sharp knife to split the claws only on the side that will be turned up on the grill. Place each half lobster, shell side down, on a grill that has been pre-heated to medium temperature. Baste the exposed lobster meat with butter, salt and pepper. Cover lobsters with a metal pie plate or shallow roasting pan to ensure quick and even cooking. Grill for about 10 minutes. If the flame flares up, move the lobster to a cooler part of the grill, or move it until the flame calms down. Be sure to test the meat at the thickest part of the tail to determine whether the lobsters are fully cooked. When the meat is white and opaque, your grilled lobsters are ready to eat!



BAKED or BROILED LOBSTER

Prepare in the same manner as grilled lobster and, for broiling, place the lobster at least eight inches from the flame in a shallow fry or sauté pan and begin with the cut side down for 3-4 minutes. When the shell has turned bright red, turn and reapply butter and finish for another 3 minutes. Be sure to check for doneness, as broiler temperatures vary. Use the same method in the oven at 425 degrees.